What is the Botvin LifeSkills Program?

- Developed by Dr. Gilbert Botvin, a leading prevention expert

- Research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, opioid misuse, and violence by targeting the major social and psychological factors.

- Comprehensive prevention program that provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

- Botvin LifeSkills promotes healthy alternatives to risky behaviors through activities designed to:
  - Teach students the necessary skills to resist peer pressure to smoke, drink, and use drugs
  - Help students to develop greater self-esteem and self-confidence
  - Enable students to effectively cope with anxiety
  - Increase their knowledge of the immediate consequences of substance abuse
Effectiveness of the Botvin LifeSkills Program

- Effectiveness:
  - Reduces Tobacco use by 87%
  - Reduces Alcohol use by 60%
  - Reduces Marijuana use by 75%
  - Reduces Polydrug use by 66%
  - Reduces Methamphetamine use by 68%
Curriculums Offered

- Elementary
- Middle School
- High School
- Parent Program
Elementary Curriculum

- 8 Elementary lessons that are about 30-45 minutes long
- 3rd-6th grades

- Topics covered are:
  - Self-esteem
  - Decision Making
  - Smoking Information
  - Advertising
  - Dealing with Stress
  - Communication
  - Social Skills
  - Assertiveness
## Elementary Level 1 Curriculum Cost

### ELEMENTARY SCHOOL LEVEL 1

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Student Guide 10 pack</td>
<td>$50</td>
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<tr>
<td>Teacher's Manual</td>
<td>$85</td>
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<tr>
<td>Training Set</td>
<td>$95</td>
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<td>(1 Teacher’s Manual &amp; 1 Student Guide)</td>
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<td>Curriculum Set</td>
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<td>(1 Teacher’s Manual, 30 Student Guides)</td>
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Middle School Curriculum

- 15 middle school lessons that are about 45 minutes to 1 hour
- 6th-9th grades

Topics covered are:
- Self-Image and Self-Improvement
- Making Decisions
- Smoking: Myths and Realities
- Smoking and Biofeedback
- Alcohol: Myths and Realities
- Marijuana: Myths and Realities
- Advertising
- Violence and the Media
- Coping with Anxiety
- Coping with Anger
- Communication Skills
- Social Skills (A) and (B)
- Assertiveness
- Resolving Conflicts
Middle School Level 1 Curriculum Cost

MIDDLE SCHOOL LEVEL 1

Student Guide 10 pack
$60

Teacher's Manual
$85

Training Set
(1 teacher’s manual & 1 student guide, 1 Stress Management Techniques CD & 1 Smoking & Biofeedback DVD)
$125

Curriculum Set
(1 teacher’s manual, 30 student guides & 1 Stress Management Techniques CD & 1 Smoking & Biofeedback DVD)
$295
Prescription Drug Abuse

- 6th-9th grades
- 50 minutes long
- Integrated into the middle school lessons or used as a stand-alone component
- Intended to be implemented after the Middle School Assertiveness Lesson
- Print Module or Digital Module

Topics covered in the lesson:
- What are Prescription Drugs?
- Commonly Abused Prescription Drugs
- Myths and Realities of Prescription Drugs
- Resist Pressure to Abuse Prescription Drugs
- Refusal Skills
Prescription Drug Abuse Curriculum Cost

- **LST Prescription Drug Abuse Prevention Module Digital**
  - Cost is per teacher with Unlimited Student Access
  - 20 - 25 minutes of digital content plus 20 - 25 minutes of offline activities $200.00

- **LST Prescription Drug Abuse Prevention Module Print**
  - Cost is per teacher and includes Teacher’s Manual insert
  - plus worksheets for 100 students $200.00

- **LST Prescription Drug Abuse Prevention Module Student Worksheets**
  - Additional packs of 100 $39.99
High School Curriculum

- 7 High School lessons that are about 45 minutes long
- 9th and 10th grades

- Topics covered are:
  - The Value of Good Health
  - Decision-Making for Health
  - Risk-Taking and Substance Abuse
  - The Media and Health
  - Managing Stress, Anger, and Other Emotions
  - Family Communication
  - Healthy Relationships
High School Curriculum Cost

- **Student Guide 10 pack**: $60
- **Teacher's Manual**: $85
- **Training Set**
  (1 Teacher’s Manual & 1 Student Guide): $95
- **Curriculum Set**
  (1 Teacher’s Manual, 30 Student Guides): $265
Parent Curriculum

- Designed for parents of students in 6th-9th grades
- Can be taught as a parenting workshop or individual use at home

- Topics covered:
  - The LifeSkills Training Parent Program Orientation
  - Family Communication
  - Parental Monitoring
  - Being a Good Role Model
  - Use of Appropriate and Consistent Discipline
  - Effects and Warning Signs of Substance Use
  - Taking a Clear Stand on Drugs
Parent Curriculum Cost

- Parent Program (1 Parent Guide & 1 DVD) $59.95
- Parent Program 5-Pack $299.00
- Parent Program 10-Pack $540.00
- Workshop Set: $395.00
  (1 Leaders Guide, 1 DVD & 20 Workshop Guides)
- Parent Program Training Set: $192.00
  (1 Parent Program Leader’s Guide, 1 Parent DVD and 1 Parent Guide)
- Leader’s Guide $175.00
- Workshop Guide 10-Pack $120.00
- Workshop Guide 20-Pack $220.00
Train the Trainer Process

Training of Trainers Workshops (TOT)

- TOT Workshop fee $1070 includes:
  - 2 day TOT training workshop
  - Participant’s Manuel (Printed PowerPoint presentations)
  - TOT inserts
    - Adult Learning-12 Principals Cards
    - Princeton Health Press Catalog
  - Certification to use NHPHA’s Training Model for Workshops & Technical Assistance for your site
  - Access to the TOT Resource Center electronic versions of presentations, documents, and helpful resources

- Requirements for becoming a Trainer of Trainers (TOT):
  - Completion of a LifeSkills Provider Training Workshop
  - Implementation of a least one level of the LST Program for a full cycle
University of Delaware/4-H Program

- We have been teaching the program for over 15 years through grant funded programs.
- We have reached over 5,000 youth
- We teach the program in schools, afterschool’s, and community based programs.
- At the end of the grant cycle all of the pretest/posttest for Delaware 4-H are sent off to be evaluated by National Health Promotion Associates (NHPA)
- The evaluation is broken down into different categories including knowledge and attitudes on:
  *Anti-Smoking   *Anti-Drug Use   *Life Skills   *Relaxation
  *Social Skills   *Advertising   *Communication   *Pro-Smoking Attitudes
  *Pro Drinking Attitudes   *Drug Refusal Skills
University of Delaware/4-H Results

Results found through the evaluations:

- 96% of students said they would say “no” when someone tries to get you to smoke a cigarette, cocaine, or other drugs
- 93% of students said they would say “no” when someone tries to get you to drink beer, wine or liquor
- 93% of students said that they would say “no” when someone tries to get you to smoke marijuana
- 90% of students said they would say “no” when someone tries to get you to sniff glue, paint, gas, or other things to get high
- 91% of students indicated they learned there is something they can do besides go along with peer pressure
Any Questions ??